

WINDSOR WARRIOR 2023

THE MOVEMENT STANDARDS

WINDSOR

WARRIOR






O.F.W.

CROSSFIT

WOD 1: Humpty Dumpty

Movement


Standard-Good Rep

<p>Box Jump</p>  <p>X</p>	<ul style="list-style-type: none">• Two-foot take off from floor• Two-foot landing on box• Stand to full extension of hip, and knees on top of box
<p>Calorie Row</p>  <p>CrossFit</p>	<ul style="list-style-type: none">• Rows through to last calorie• Only athlete touches/adjusts the rower.
<p>Assault Bike</p> 	<ul style="list-style-type: none">• Bike through last calorie• Only athlete touches/adjusts the bike

WOD 2: Crusher

Movement

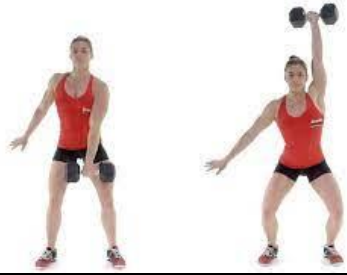



Standard-Good Rep

<p>Front Squat</p> 	<ul style="list-style-type: none">• Begin 1st rep with BB on ground• Squat with BB in front rack position• Hip crease below top of knees in squat.• Complete rep standing at full extension of knees, hips and arm• Squat clean is allowed for 1st rep from floor
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WOD 3: Cor-Rekt

Movement

Standard-Good Rep

<p>Alternating Hang DB Snatch</p> 	<ul style="list-style-type: none">• Deadlift DB into hang position to start reps• DB received in partial overhead squat in a SINGLE fluid motion• Finish with complete hip, knee, and arm extension
<p>Wall Ball</p> 	<ul style="list-style-type: none">• Ball hits at or above given target• Squat with Wall Bal in front position• Hip crease below top of knees in squat.• Ball is on floor during rest
<p>Toes To Bar</p> 	<ul style="list-style-type: none">• Arms start in full extension• Both feet contact bar at the same time• Feet contact bar between hands• Feet travel behind post at bottom of movement
<p>Wall Walk</p> 	<ul style="list-style-type: none">• Reps start and end with hips and chest in full contact of floor (prone position)• Walk back so hands contact tape line.• Feet remain in contact with wall at top of movement

WOD 4: Beach Burpees

Movement

Standard-Good Rep

Sandbag over Shoulder



- Reps start with sandbag on floor
- Bag must travel over the top of the shoulder
- Bag is allowed contact with shoulder

Burpee over SandBag



- Chest and thighs touch ground on burpee
- Step or jump BACK into burpee
- Step up or jump UP from burpee
- Two foot take off on jump
- Must cleanly jump over sandbag without contact.